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ABSTRACT

This book aims to enlighten its readers on how to achieve optimal human efficiency, well-being, and balance through "brainwave training." According to the book, the 4 kinds of brainwaves--beta, alpha, theta, and delta--communicate with each other to pass information between conscious and unconscious mind. Mastering these brainwaves through meditation and therapeutic techniques can help individuals in healing from serious illness, in entering creative states at will, in becoming more effective leaders and problem solvers at home and at work, and in improving interpersonal relationships. The combination of brainwaves discussed in the book allows individuals to use all aspects and levels of consciousness to benefit their health. By achieving this pattern at will, individuals can move forward into self-healing of both physical illnesses and emotional scars. The book also explains how brainwaves play a part in nonverbal communication. By understanding and learning to control these brainwaves, a whole new means of human interaction can be considered. The techniques outlined in the book are practical, easy, and innovative--they can help to "awaken" the mind and lead to a high-performance life. An appendix on meditation and a list of additional resources conclude the book. (NKA)

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